



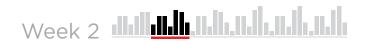
Week 1 Week 2 Week 3 Week 4 Week 5 Week 6

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 1 mile at 20 seconds faster than 10K race pace.	8 miles.  Long distance run at a conversational pace.	8 miles. 6x 100M strides.	<b>5 miles.</b> Long distance run at a conversational pace.	5 mile tempo run at 30 seconds slower than current 5k pace.
		Take 5 minutes of slow jogging in between each mile.				
Notes:						



Week 2 Week 1 Week 3 Week 4 Week 5 Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 7x 800M with a 400M jog inbetween.	8-10 miles.  Long distance run at a conversational pace.	8 miles. 6x 100M strides.	5 miles. Long distance run at a conversational pace.	5 mile tempo run at 30 seconds slower than current 5k pace.
		Pace: 20 seconds faster than 10K race pace.				
Notes:						



Week 3 Week 1 Week 2 Week 4 Week 5 Week 6

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 400M hard. 2x 400M jog.	<b>8-10 miles.</b> Long distance run at a conversational pace.	8 miles. 6x 100M strides.	7 miles.  Long distance run at a conversational pace.	5 mile tempo run at 20 seconds slower than current 5k pace.
		3x 400M hard. 2x 400M jog.				
		2x 400M hard. 1x 400M jog.				
		1x 400M hard.				
Notes:						



Week 4 Week 1 Week 2 Week 3 Week 5 Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 1 mile.	8-10 miles.  Long distance run at a conversational pace.	8 miles. 6x 100M strides.	<b>7 miles.</b> Long distance run at a conversational pace.	5 mile tempo run at 15 seconds slower than current 5k pace.
		(4 miles total) Jog 4-5 minutes between each mile. Increase pace with each mile.				
		eden mile.				

Notes:		



Week 5 Week 1 Week 2 Week 3 Week 4 Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-12 miles: Long distance run at a conversational pace.	5 miles.	Interval Training: 10x 400M with 400M jog recovery.	6-8 miles.  Long distance run at a conversational pace.	7 miles.  Long distance run at a conversational pace.	5 miles.  Long distance run at a conversational pace.	Interval Training: 6x 800M at 5K race pace.
Race is in 2 weeks.						1x 400M jog between each.
Notes:						



Week 6 Week 1 Week 2 Week 3 Week 4 Week 5



Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5 miles.	Interval Training: 8x 400M hard.	5 miles.  Long distance run at a conversational pace.	Day off.	4 miles, easy.	Run your race!
	200M recovery jog between each 400M.	, , , , , , , , , , , , , , , , , , , ,			
		5 miles. Interval Training:  8x 400M hard.  200M recovery jog	5 miles.  Interval Training:  8x 400M hard.  Long distance run at a conversational pace.  200M recovery jog	5 miles. Interval Training: 5 miles. Day off.  8x 400M hard. Long distance run at a conversational pace.  200M recovery jog	5 miles.  Interval Training:  8x 400M hard.  Long distance run at a conversational pace.  200M recovery jog

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